cleaning my office

Conversations

Ashley Biden 3/13/19
Found as I am cleaning out my office

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To: Ashley Biden

How you doing?

Mar 13, 2019, 1:23 PM

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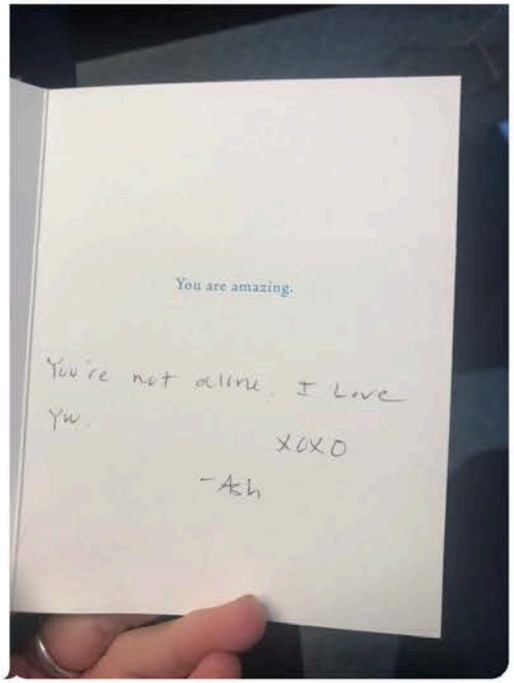


A card I forgot to send

Found as I am cleaning out my office

iMessage

Is it possible to just be a Friend? Time will tell. I am feeling stronger by the day + really trying to keep the focus on me. Faith. Real Faith. That will work out + be / I w life beyond my wildest dreams. I will for now, use the Fellowship as my higher Power. I am going to do 90 in 90. Will make the 7 am meeting tomorrow @ crossroads and have a full day of therapy + Fows. I get a massage tomorrow too.

You're not alone. I Love You.

XOXO

-Ash

I think he is rather immature - he gets uncomfortable being around me and I hate that. osition has changed - y that it won't Forever. But the guy who I thought I was Falling For is no longer here. Its just not him anymore. I want sobriety at all costs - I am willing to go to any lengths to get it. I want a miraculous life - filled with things, people, + places I Love

You're not alone. I Love

grade and showing the boys my underpants. Hyper-sexualized @ a young age. what is this due to? was I molested. I think so - I can't remember specifics but I do remember trauma - I remember not liking the woolzacks house; I remember somewhat being sexualized with caroline; I remember having sex with Friends @ a young age; showers w/ my dad (probably not appropriate); Being turned on when I wasn't suppose to be. I remember the Q-tips - I hated getting my ears clean; beating my vagina due to overhearing parents having sex;

what made me so Attached?

- my mother not emotionally available -
- my Father was - message - I could get love From men.
- "I'm not your mother"
- Blanket being taken away
- not letting myself go to bathroom
- Being wiped until too late in the game -

-

I could list all the Reasons - But I can't seem to Find

Confident that I can + will have what I desire.

what do yw desire?

- Livelihood 2.0 - Financial independence
- A brown haired men who is affectionate, stable, + kind + smart to live my life with
- Children - a Family of some kind
- A happy, adventerous, + passionate life with a happy, adventerous, + passionate partner.

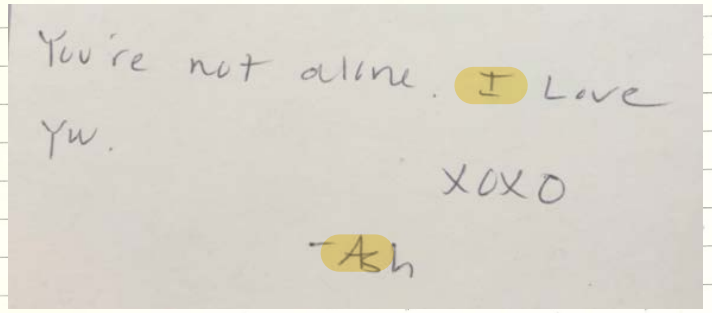
When I am certain that I'd rather be alone than with just anyone - I will Find him. or he will Find me.

Yw will have all yw desire! Trust the Process. Trust yourself + yur ability to manifest all yur Dreams. Yw go this, Ashley Blazer Biden.

Yw're not alone. I Love Yw.

XOXO

-Ash



1/27/19

It's been a strange weekend what I feel in my gut is that it's over - @ least for now + probably a long time. what I know now is that he is hurting doesn't respect my mind enough think I have anything to offer thinking I am obsessive (I am) compulsive (I am); and clingy But those are only parts of me only parts of the disease.

As a service, I need to let go for him. And I am - but I still want to be his friend. Although is that possible?

Sweet, distant, tired, and confused. It's a lot with me moving and Dad potentially running. I'm going to a meeting at some point today. I will not continue down this path or live this wasteful life.

3-9-19

Addiction tears lives apart. Keeps people in a cycle of nothingness, anxiety, and worry. I am committed to this new way of life via my actions.

~~I Feel~~ different this time - I Feel "ok" with being alone + doing things on my own. This shift came in Florida when I was forced to figure it out on my own. I'm not scared like I used to be however I do have moments of doubt. Am I making the right move? Leaving behind my dog, my family, my home. I do feel like a change of scenery could do me good but I do wonder if I will get lonely.